



Oct. 24, 2003

Red Ribbon Week puts the emphasis on alcohol, drug prevention

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

A group of people, including a soldier in camouflage, are planting a young tree in a field. The soldier is using a shovel to work the soil around the base of the sapling. Other people, including a child in a blue jacket and a woman in a white jacket, are standing nearby, observing the process. The background shows a dry, grassy field under a clear sky.

Airman's Council coming soon

First meeting planned for late November

By Chief Master Sgt. Danny Holwerda
319th Air Refueling Wing command chief

Many professional and private organizations exist throughout the base covering virtually all areas of our profession with membership available to all ranks.

One area where a gap exists is a formalized organization where the only requirement for membership is to hold the rank of senior airman or below. This gap is in the process of being removed.

A core group of airmen have taken on the challenge of establishing such an organization to be called the Airman's Activity Council.

Although in the early stages of this process, you need to know much is going on behind the scenes to make this organization a reality. Extensive progress has been made, and a core group of our airmen are focused to finalize remaining issues.

The target goal for completing all tasks is the end of November culminating with holding the very first Airman's Activity Council general membership meeting. Stay tuned for an "Airman's Call" in late November serving as the kickoff meeting for your Airman's Activity Council.

For our Airmen, the council needs your support to be successful, and many opportunities exist for you to assume a leadership position. On the horizon will be nominations for the executive positions along with the oppor-

tunity to be involved with various other sub-committees.

One of the various subcommittees within this organization will have responsibility for the new Airman's Activity Center. Wow! This is indeed an exciting time for the "Warriors of the North" and specifically our airman warriors.

I hope you are as excited about this as I am. Approximately 45 percent of our active duty enlisted population is in the rank of senior airman and below.

The potential positive impact and capability of this organization is unlimited. What a great opportunity for all Team Grand Forks airmen to get involved, have a voice, and make a difference.

The opportunities are endless for the amount of positive things an organization such as this can generate individually and collectively.

The biggest champions, cheerleaders, and advocates for making this happen are our wing commander, Col. Mark Ramsay, along with our entire leadership team.

Ultimately, it's you, our airman, who will drive the success of this organization through active involvement.

Through this organization, the gap has further closed on the unsubstantiated belief that "there is nothing to do at Grand Forks Air Force Base."

I encourage all airmen to take full advantage of this opportunity to ensure your Airman's Activity Council is totally successful and becomes the premier organization for all other Air Force installations to emulate!

Action Line 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message. Questions will be answered in the order they are received.



Col. Mark Ramsay
319th Air Refueling Wing commander

Town Hall meeting answer

Q: Why are there so many empty houses on base, and why is there a waiting list to get a house on base at the same time?

A: The empty units spread over base are either being replaced in a near-term construction project or are being held for relocated families being forced to move for construction.

We would not want to move anyone into one of those units and then have to direct them to move out.

The base's waiting period is approximately 30 days from the

time the military member and family PCS's in.

Q: What exactly is the Housing Renovation Plan? Could it be addressed every six months so newcomers will know if and when they may have to move out of their current home?

A: On base, we have a requirement for 1,106 family housing units of which 170 units have been replaced or renovated. From now until 2008, we have 936 houses to replace, of which 50 are under construction as we speak.

5

DWI-free days

96%

Mission effectiveness rating



Photo by Senior Airman Joshua G. Moshier

Cover photo

The base's Demand Reduction office has many items of drug paraphernalia they use for educational displays when briefing base members.

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Be prepared for base snow removal this winter

By Master Sgt. Vincent Hoffman
319th Civil Engineer Squadron

With winter quickly approaching, the snow removal folks are asking everyone's help on base to make this season go as smoothly as possible.

Your assistance in the following areas will be greatly appreciated:

- ▶ Refrain from parking on streets during snow removal operations (park in driveways until the 319th Mission Support Group commander approves the winter parking plan).

- ▶ Give way to snow removal equipment (stay back at least 50' – do not pass moving equipment).

- ▶ Don't shovel or blow snow back onto the street.

- ▶ Remove yard decorations within 15 feet of the curb.

- ▶ Refrain from shoveling snow into the driveway or sidewalk of vacant housing units.

- ▶ Do not place recycling bins or stack debris next to the curb. The snow plows can push snow six to eight feet away from the road and can knock over or bury anything within that distance.

- ▶ Sidewalks in front of your military family hous-

ing unit are occupant responsibility and need to be cleared within 24 hours after a snowfall to ensure pedestrian traffic and children have a safe lane to walk.

- ▶ Please be patient and drive carefully.

Our base streets and parking lots are plowed by contract, as are our sidewalks. Every road and parking lot is categorized as a priority I, II, or III.

Priority I roads and parking lots are emergency routes for medical and security forces vehicles, mission essential facilities and parking lots, and includes a portion of the clinic parking lot for emergency treatment.

Priority II routes are main community access routes and parking lots of key customer service facilities.

All other roads and parking lots fall into the priority III category.

Priority III parking lots will be cleared based on the service or function provided and the number of customers.

The majority of parking lots should be cleared within 96 hours after a storm. It normally takes three to four days to clear all lots after a moderate (four to six inches) snowstorm.

The contractor will begin plowing the top priority

routes immediately upon the beginning of a snow event. The contractor mans a snow removal hotline 24 hours a day.

Questions on basewide snow removal can be addressed to the snow removal contractor, Schmitz Inc., at 747-3471.

This plan allows Military Family Housing residents to clear a parking space on their lawn in front of their quarters. Implementation of this plan will be announced via Channel 3, the base newspaper, and the base bulletin.

Once in effect, vehicles parked along the street will be ticketed.

Another concern to housing residents is piles of snow left in driveway entrances. Please don't blow or shovel snow back onto the street because it re-freezes and causes a driving hazard. The next snow removal activity will also carry the snow and ice into your neighbor's driveway.

Please keep in mind that snow removal operations make streets and parking lots passable – they do not make the roads and sidewalks free of ice and snow. Please drive with extra care.

Remember to “fall back” on winter safety

By Tech. Sgt. Rick Roseboom
Ground Safety, noncommissioned officer in charge

Is it really that time of year again already? It seems like just yesterday we were golfing in T-shirts and shorts, mowing the lawn, or lounging in the mid-day sun. But alas folks, that time of year is fast approaching, and we must face it head on – like it or not.

What time of year is that you say? Time to switch our clocks back from Daylight Savings Time to Central Standard Time, of course. You know, the time when you rise from your nightly slumber thinking it’s still the middle of the night and arrive at work where it’s dark outside for another hour or more.

The old adage “spring ahead and fall back” tells us which way to move the big hand on our clocks, but as you “fall back” on the clock this year, why not take a little extra time and “fall back” on your household fall and winter safety preparations as well.

A whole summer’s worth of “I’ll get to that next week” clutter has piled up in the garage and basement again. The kids will be spending more time indoors as the temperature drops, and summer sports equipment are being swapped out for winter recreational equipment.

Now ask yourself, “When is the last time I fully checked the house over to ensure it’s safe and everything works properly?” I’ll bet for most of us it was dur-

ing our other annual ritual known as “spring cleaning.” With that thought in mind, I compiled a checklist of common fall and winter household safety and recreational activity items you may want to incorporate into your schedule.

Winter safety for the home
Space heaters with working tip-over switches
Chemicals stored away from children
Electrical Safety

- ▶ Replace outlet plugs from removed A/C units
- ▶ Check to ensure all outlets have safety caps
- ▶ Unplug appliances
- ▶ Install ground fault circuit interrupters
- ▶ Tag shut-off for gas, oil, water, electrical supplies
- ▶ Keep electrical appliances away from water

Kitchen Safety

- ▶ Store knives and sharp tools out of reach
- ▶ Use safety latches on cabinets and drawers
- ▶ Turn pot handles inward and use back burners
- ▶ Use safety barrier on stove
- ▶ Keep foil and plastic wrap boxes out of reach
- ▶ Keep garbage under the sink
- ▶ Keep first aid kit updated and supplied
- ▶ Show children how to use the microwave
- ▶ Show children how to remove pan lids

Preventing slips, trips and falls

- ▶ Keep stairs free of objects
- ▶ Use throw rugs with rubber backing

- ▶ Rubber mats, no-skid decals, grab-bars in showers, tubs
- ▶ Secure furniture against the walls
- ▶ Use padding on sharp corners
- ▶ Keep furniture away from windows
- ▶ Install easy-to-detach window guards
- ▶ No slip rugs to absorb melting snow
- ▶ No slip material for stairways
- ▶ Snow shovel to clear walkways
- ▶ Clean, orderly garage, basement to avoid tripping hazards

Water safety at home

- ▶ Never leave a child unattended in water
- ▶ Install toilet bowl cover locks or latches
- ▶ Monitor children bath tubs and baby tubs
- ▶ Empty all buckets and pails after use

Emergency water and food supply available
Flashlights with batteries, candles handy
Update family emergency contact list
Preventing suffocation, strangulation, and choking
Safety proof cribs and sleeping areas

- ▶ Crib slats on headboards for proper spacing
- ▶ Fasten bumper pads
- ▶ Keep all toys with strings away
- ▶ Remove necklaces and other jewelry
- ▶ Cribs away from window shades, drapery cords
- ▶ Never put wall hangings above cribs or beds

– See SAFETY, Page 5

Commentary

– SAFETY, from Page 4

- ▶ Keep all pillows, large plush toys, beanbags away
- ▶ Keep gyms, mobiles away
- ▶ Keep the drop-side of mesh playpens raised
- ▶ Use toy chests with removable lids, ventilation holes
- ▶ Use safety gates
- ▶ Destroy or store plastic bags in locked rooms

Choking hazards

- ▶ Babies, toddlers put everything in their mouths
- ▶ Keep balloons away from children
- ▶ Keep babies, toddlers away from easy-to-swallow objects
- ▶ Keep babies, toddlers out of older siblings’ rooms
- ▶ Learn infant and child CPR

Reiterate fire safety basics to your family

Teach kids the basics of fire safety

- ▶ Matches and lighters are for grownups only
- ▶ Never touch matches or lighters
- ▶ Tell an adult if they find matches or lighters

Develop and practice a fire escape plan

- ▶ Get out quickly
- ▶ Once outside, stay outside
- ▶ Meet family members outside at predetermined spot
- ▶ Touch doors before opening, never open a hot door
- ▶ Crawl low under the smoke
- ▶ Signal rescuers from a window
- ▶ Place towels, sheets above, at the bottom of doors

Install smoke detectors, check batteries

Install carbon monoxide detectors, check batteries

Check fire extinguishers, place in available location

Firearm safety around your home

Store guns unloaded in a locked area

- ▶ Keep the key hidden

Secure guns with a barrel or trigger lock

- ▶ Keep the key hidden

Store ammunition separately from guns

- ▶ Keep the key hidden

Winterize your car or truck

- ▶ Fluids checked, filled as needed
- ▶ Tires for proper tread depth
- ▶ Heater working properly
- ▶ Wiper blades and freeze proof wiper fluid
- ▶ Engine block heater working
- ▶ Keep gas tank more than half full to prevent condensation
- ▶ Gas line anti-freeze during cold weather

Winter survival and emergency kit

- ▶ Fluids (water), high energy food (candy bars or energy bars), fuel (candles or flame device), first aid kit, extra warm clothes, blankets
- ▶ Flash light and signal device (flares)
- ▶ Cell phone with charger
- ▶ Jumper cables
- ▶ Traction compound (sand or cat litter)

Snowmobile safety

Inspect cables, wiring, belts, pulleys, springs, shocks for damage

Visually inspect snowmobile for damage

Ensure breakdown kit is serviceable, stored in seat pouch

- ▶ Signal flares
- ▶ Extra spark plugs and belt
- ▶ Small tool kit

Check helmet for damage, replace as needed

Verify riding gear is adequate to keep you warm

Winter recreation equipment

Dust off toboggan, sled

- ▶ Check for cracks, broken runners, hinge points
- ▶ Helmets encouraged

Inspect ice fishing gear

- ▶ New blades for ice auger, blade guard installed
- ▶ Footwear
 - ▶ Ice creepers, metal spikes, cable device for traction
- ▶ Warm clothing
- ▶ Emergency kit (flares, signal device, floatation, first aid kit)

Skis and snowboards

- ▶ Ensure binders are securely fastened
- ▶ Check for cracks or defects
- ▶ Have them freshly waxed
- ▶ Helmet encouraged

I know this list looks quite extensive, but obviously it is not all inclusive; there is still much more that could be added.

This fact only drives home the point of incorporating some off-duty Operational Risk Management into your daily activities, your household, family members, and family recreational activities.

Through proper planning and risk identification, even the dimmest of sorts can protect themselves and their loved ones from an unfortunate mishap. Don’t think it won’t happen to you – the graveyard is full of headstones that would be perfect for that epitaph.

Don’t believe me – just watch the local papers this fall and winter and sooner or later you’ll come across a terrible tragedy of someone stuck in a blizzard and freezing to death, a child getting a hold of a hunting rifle and shooting a friend “accidentally,” or numerous fatalities on snowmobiles or other recreational equipment.

By exercising a little initiative, taking responsibility for yourself, your loved ones, and fellow Warriors of the North, hopefully we can all be around next Spring to “spring ahead” into summer safety.

It’s **YOUR**
Air Force
With your **IDEAS**,
we do things...

- ◆ **CHEAPER**
- ◆ **BETTER**
- ◆ **FASTER**

Call 2nd Lt. Michael Marren at 747-5019.



Fall back

Remember to set your clocks back an hour to Central Standard Time at 2 a.m. Sunday.

AF plans to fill first sergeant slots

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – Before the end of the year, Air Force officials will have taken the first step toward eliminating a 10-percent manning shortfall in first sergeant billets.

In November, as part of the new First Sergeant Selection Process, Air Force officials expect to release a list of master sergeants selected as candidates for first sergeant special duty, said Senior Master Sgt. Chris Anthony. He is the first sergeant special-duty manager at the Pentagon.

Those selected under the new process will account for nearly 33 percent of graduates from the First Sergeant Academy at Maxwell Air Force Base, Ala., Anthony said. They will begin attending the school in May.

“That one-third is not an arbitrary number,” Sgt. Anthony said. “It is based on volunteer rates. Over the last year or so, the volunteers only filled about two-thirds of our requirements.”

The Air Force requirement for new first sergeants is reflected in the number

of slots allocated in the First Sergeant Academy each year – a little more than 300. Sgt. Anthony said declining numbers of first sergeant volunteers left more than 100 empty desks at the school last year.

Empty desks at the school translate to empty first sergeant billets around the force. About 130, or 10 percent, of the nearly 1,300 units needing first sergeants are currently doing without. That is an unacceptable statistic, said the Air Force’s highest-ranking enlisted member.

“First sergeant manning and decreasing class enrollments at the First Sergeant Academy have become a concern,” said Chief Master Sgt. of the Air Force Gerald Murray. “Since the beginning of 2000, first sergeant manning has steadily decreased from 96 to 89 percent, while the rank structure has become significantly imbalanced. I believe anything less than 100-percent manning is unacceptable to properly lead and care for our enlisted force.”

The prevalence of those empty enlisted leadership positions is one reason the Air Force moved toward selecting some

first sergeants, Sgt. Anthony said.

“First sergeant is a special duty,” Sgt. Anthony said. “But it is also a leadership position. We don’t have vacant squadron commander positions in the Air Force. If somebody doesn’t volunteer to go be a commander then the Air Force selects somebody. We do the same thing with command chiefs. Now we will do it with first sergeants.”

One reason for the declining number of volunteers for first sergeant duty is a fear that it will affect a person’s promotion ability. Sgt. Anthony said that fear is unfounded.

“There is a perception of reduced promotions,” Sgt. Anthony said. “But we promote at the same level as other Air Force (specialties). The reality is that you have the same opportunity to get promoted as a first sergeant as you do anywhere else.”

The difference, Sgt. Anthony said, is in the quality of people a person must compete with for that promotion.

“The competition is a little different,” Sgt. Anthony said. “As a first sergeant,

you are in a special duty where you are competing against other first sergeants, all with stellar records. We don’t bring in anything less than outstanding noncommissioned officers in this job. That tends to make the competition a little tougher.”

Simply having completed a tour as a first sergeant increases your chances of promotion when returning to your primary career field, he said.

“For those (who) depart first sergeant duty after three years, it is a big career enhancer for them,” Sgt. Anthony said. “Our numbers show that 87 percent of master sergeants who return to their primary (specialty) after having performed first sergeant duty get promoted to senior master sergeant the first time testing. Promotion boards look favorably on first sergeant experience.”

Sgt. Anthony said the list released in November will contain about 400 names. Of those 400, about 120 will eventually become first sergeants.

Continuing at that rate, he said, the Air Force can expect to be 100 percent manned for first sergeants by about 2006.

News briefs

Court-Martial

On Oct. 17, Airman Jake P. Pace, 319th Aircraft Maintenance Squadron, was convicted at special Court-Martial of one specification of wrongful use of marijuana on divers occasions at or near Grand Forks, one specification of wrongful use of marijuana at or near Winnipeg, and one specification of wrongful use of cocaine at or near Grand Forks. The offenses were all in violation of Article 112a of the Uniform Code of

Military Justice. Airman Pace was sentenced to a reduction to the grade of Airman Basic, forfeiture of \$750 pay per month for five months, confinement for five months, and a Bad Conduct Discharge.

MDG opens doors for Halloween

The 319th Medical Group will open its doors to trick or treaters from 3 to 4:30 p.m. on Halloween. There will also be a children’s costume contest at 4 p.m.

Pumpkin patrol

Military members are needed to volunteer for pumpkin patrol Oct. 31. Pumpkin patrol is when military members volunteer to patrol the housing areas and ensure the safety and well being of the children during the Halloween holiday. Volunteers will be provided with a flashlight, whistle and radio.

Anyone who would like to volunteer should call their first sergeant.



Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday, Sunflower Chapel.

Weekday Mass: Monday, Wednesday and Thursday, Sunflower Chapel.

Reconciliation: 4:30 to 4:45 p.m. Saturday, or by appointment, Sunflower Chapel.

CCD: 10:45 a.m. at Eielson Elementary.

Adult education, sacramental programs: Call Mrs. Jane Hutzol at 747-3073.

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel.

Protestant youth of the chapel: 4 to 5:45 p.m. Sunday, youth center.

Men of the Chapel bible study: Cancelled this week.

Young adults: 6 p.m., Chaplain Swain's home. For details, call 747-4359.

JEWISH:

For details, call Synagogue B'nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details, call Dr. Levitov at 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details, call 747-5673.



Base theater

Tonight, 7 p.m.

Matchstick Men (PG-13)

Based on Eric Garcia's book, the story is about Roy (Nicolas Cage), a professional con man who suffers from an obsessive-compulsive disorder that keeps his life, and that of his partner, Frank (Sam Rockwell), very organized. But when Roy meets the daughter (Alison Lohman) he never knew he had, his structured world is jeopardized.

Saturday, 7 p.m.

Cold Creek Manor (R)

A couple (Dennis Quaid, Sharon Stone) and their kids move to a house in the country, but their idyllic family life is threatened when a man (Stephen Dorff) reveals that there's more to the house than meets the eye — it seems that the original owners were brutally murdered.

Oct. 31, 7 p.m.

Second Hand Lions (PG)

Nov. 1, 7 p.m.

The Order (R)

Tickets: \$1.50 children, \$3 adults

For details, call 747-3021/6123.

A story of domestic violence in the Air Force

(Editor’s note: This article is about a base member who talks about how abuse affected her life and the lives of her children. A fictitious name is used to protect her identity.)

By Mrs. Karen GreyEyes
Family Advocacy Office

When Nancy met John, she thought she found Prince Charming. But before long, Prince Charming turned into the prince of darkness.

This prince beat her, bit her, pulled her hair, and left her bruised from her ankles to her waist during his violent outbursts.

He also abused her during her pregnancy to a point that she had to wear a back support. The pain inflicted was not all physical.

“You don’t understand how someone who is supposed to love you can treat you like that,” she said. “It takes away your pride and destroys your self-esteem.”

As many as one in three women will be physically or emotionally abused by an intimate partner in her lifetime.

Every day, at least three women are murdered by their husbands or boyfriends in this country. Domestic violence may include physical, emotional, economic, sexual and a variety of other behaviors used to maintain fear, intimidation, power and control.

Nancy did not have any idea what domestic violence was, she didn’t recognize the warning signs while they were dating.

Had she been educated on what to look for, she may not have married him.

For the first year, she lived with her in-laws while

he was overseas. Her first memory of actual physical abuse happened more than a year after he returned, when Nancy was pregnant with her first child.

“He got upset and gave me a shove that sent me flying across the floor,” she said. “I pulled an abdominal muscle. Later he said he really felt bad for the baby, but not for me.”

Later on he only got worse, especially when he started drinking. On one occasion, he slammed her against the wall and she cut her heel on the air vent. But the worst episode happened when he came home drunk and fell in the driveway.

When Nancy tried to help him inside the house, he turned on her.

“It seemed like it went on forever,” she said. “He beat me over and over. He kept slugging and kicking me.”

She suffered two black eyes, a large bruise on her cheek, a large

bite on her forearm, and was bruised from her waist to her ankles, but the worst was still to come.

After an alcohol treatment program, he managed to stay sober for seven years, but sobriety didn’t stop the abuse.

Then in 1991, the year her daughter was in the Persian Gulf for Operation Desert Storm and her

brother died, he tried to kill her.

When Nancy returned from her brother’s funeral, she entered the garage and smelled gas.

“Someone had turned the propane barbecue grill on full blast, shut everything up and took off,” she said. “It would have blown up the whole house.”

After he came home and beat her again, he went to jail and Nancy called the Community Violence Intervention Center. Fortunately for Nancy, she’s safe now, but she’s had to contend with harassing phone calls, threats and dealing with children traumatized by the years of abuse.

She also had to fight for child support from a man who would rather withdraw from VA benefits so his child could not get college benefits.

“What you don’t realize is when you stay in an abusive relationship, you’re hurting your children,” Nancy said. “There’s so much shame involved. I always thought I was addicted to living on the edge, but through counseling, I learned I was just hanging around waiting for one more good time.

“It never gets better, only worse. You have to break the cycle.”

If you think you are being abused, call someone. Help is available, and intervention does work.

For details, call Family Advocacy at 747-6806, Life Skills at 747-4460, or the Community Violence Intervention Center at 746-0405.



Domestic violence in North Dakota year 2002

4,197 new victims received services from crisis intervention centers in North Dakota – 94 percent of the victims were women.

**Source: North Dakota Attorney General*

Warning signs of an abusive relationship

- ▶ Demands control of your shared resources
- ▶ Humiliates you sexually, causes pain without consent
- ▶ Steals your money or property
- ▶ Frightens you by destroying things
- ▶ Prevents you from seeing family or friends
- ▶ Uses a weapon or throws objects at you
- ▶ Pushes, slaps, kicks, bites or restrains you against your will
- ▶ Puts you down
- ▶ Prevents you from getting or keeping a job
- ▶ Damages or sells things that you value
- ▶ Likes to manipulate or punish you when angry
- ▶ Is obsessively jealous
- ▶ Threatens to harm you, family, friends or pets
- ▶ Threatens to harm you if you leave

Trick-or-Treating

Grand Forks AFB

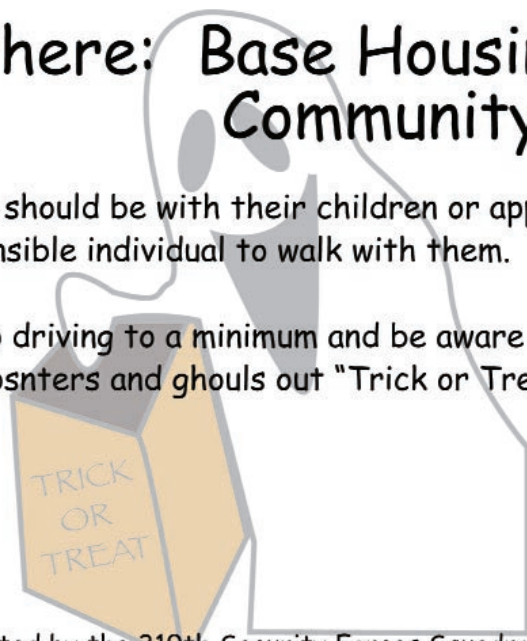
When: October 31st

Time: 1730-2030

Where: Base Housing
Community

All Parents should be with their children or appoint a responsible individual to walk with them.

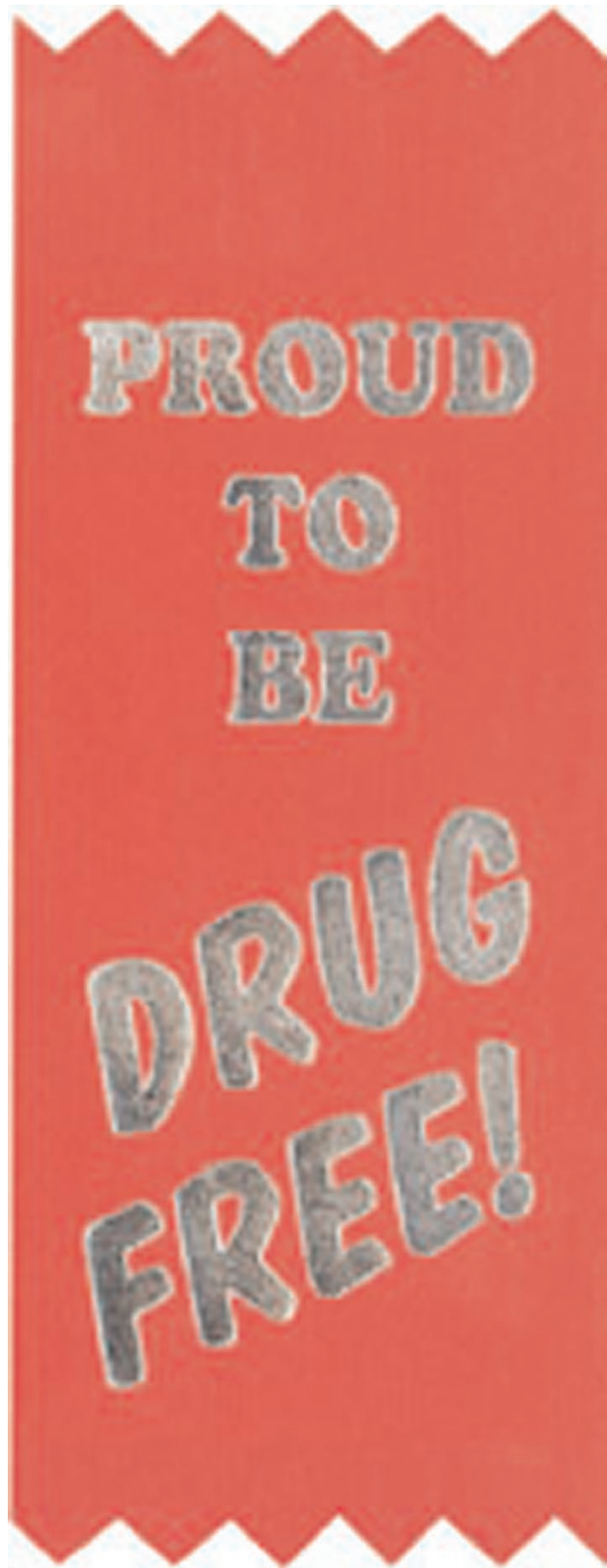
Please keep driving to a minimum and be aware of all the little monsters and ghouls out "Trick or Treating".



Hosted by the 319th Security Forces Squadron.

Questions call SF Representative at 747-3137





It’s your choice, make the right one

(Editor’s note: This article is written by a base member)

I bet some of you are wondering what the story is behind the burned out truck. Well, here is a play-by-play of that event-

ful night and the consequences for my actions.

I started out the evening by saying I would have only two drinks. Well, you know the old saying about the two drinks. My first and my last equal two!

Eight hours later, after Jim, Jack, Johnny and Mr. Miller had their fun, I tried to drive home 25 miles with some friends.

After the first six miles, one of the passengers exited the vehicle to drive their car because I had scared him to death. The stunt

of passing cars in the ditch had convinced him we would all die.

The next thing I remember is walking in to the local bar and ordering more drinks and leaving an hour later. I dropped another friend off at his car and proceeded to drive 12 miles to my home.

I didn’t make it home for another three days.

I was three miles from home when I

lost control of the vehicle and flipped end-over-end into the ditch. No, I did not have my seat belt on. I bounced around the cab of the truck like a rag doll.

I remember coming to and deciding if I should lie down and die or get out. After a short deliberation with myself, I crawled out of the passenger window and over a barbed wire fence.

When you get to the point that I did in my drug and alcohol use, you do not care if you live or die. Most of the time, you are trying to kill yourself every time you use. Some of us make it, and others do not.

I remember running into a tree as I tried to walk to a farm house and coming to in the grass. I finally made it to the door and knocked.

The poor person who answered the door froze when I said I need a little help. I had blood running down my face from a small cut and a huge fire in the ditch behind me. I was later told you could see the fire for nine miles.

My next thought was, I do not feel so good, so I hit the floor as the person who answered the door tried to ease my fall. When I opened my eyes, the paramedics were doing their thing.

I was strapped down and could not move, and everyone who knew me was talking to me and telling me I was doing great.



This is what the truck looked like after a night of drinking and driving resulted in a crash and fire.

The inspiration for Red Ribbon Week

In February 1985, Enrique Camerena, father, husband and United States Drug Enforcement Agency agent was kidnapped, tortured and brutally murdered in Mexico by those involved in supplying illegal drugs to the U.S.

As news of this atrocity began to appear in newspapers, radio and television broadcasts, many school parent associations and hundreds of fellow law enforcement officers, already angry and sick of the killing and destruction caused by alcohol and other drugs in America, were looking for some way to proclaim their concerns and to make a demand for action in local communities. Several of these groups banded together and selected a red ribbon as their symbol, and set about creating a Red Ribbon Campaign to show intolerance for drug and alcohol abuse in our schools, work places and communities.

Today, Americans wear the red ribbon to symbolize a commitment to the development of a healthy and drug free choice for our future.

The first Red Ribbon Week campaign was held in 1988 with Nancy Reagan as honorary chairman.

(Information courtesy base Drug Demand Reduction Program)



Community

Today

HALLOWEEN CARNIVAL: The youth program’s Halloween carnival and haunted house is from 6 to 9 p.m. at Liberty Square.

Tickets at the door are four for \$1. Tickets are needed to play the game booths, enter the haunted house and to purchase food.

The carnival is also going on Saturday from 2 to 5 p.m.

PASTA BAR: The Northern Lights Club offers a “pasta bar” along with the day’s hot entree during lunch from 11 a.m. to 1 p.m.

CLUB DINING: The Northern Lights Club is offering a seafood buffet from 5:30 to 8 p.m.

Saturday

CLUB KARAOKE: The Northern Lights Club offers Karaoke from 10 p.m. to 3 a.m.

CLUB DANCING: The Northern Lights Club offers dancing from 10 p.m. to 3 a.m. to ‘club mix’ music with “DJ ‘C.’”

YOUTH GALAXY BOWLING: Register at the youth center for galaxy bowling at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 per hour and 75 cents for shoe rental.

The youth center needs 10 participants to hold this event. Register at the youth center to attend.

Sunday

FOOTBALL FRENZY: The Northern Lights Club invites everyone to watch football and win prizes.

Monday

FOOTBALL FRENZY: The Northern Lights Club invites everyone to watch Monday Night Football and win prizes.

Tuesday

TORCH CLUB MEETING: Torch Club meetings are from 6 to 7 p.m. at the youth center. Torch Clubs are small group clubs offering service and leadership opportunities to young people ages 11 to 13.

KEYSTONE CLUB MEETING: Keystone Club meetings are Tuesdays from 7 to 8 p.m. at the youth center. Keystone Clubs are for Boys and Girls Club members ages 14 to 18.

Wednesday

MALL OF AMERICA TRIP: Register by close of business Wednesday for outdoor recreation’s trip to the Mall of America Nov. 1.



Photo by Staff Sgt. Jason Gamble

Tree City, USA

Col. Steve Wayne, 319th Air Refueling Wing vice commander, shovels dirt onto a sapling planted on base on Arbor Day.

Transportation departs at 5 a.m. from outdoor recreation and will return around midnight. Cost is \$22.50 per person for transportation only.

Time permitting, the trip will stop at the Outlet Mall in Albertville, Minn.

FINE ARTS PROGRAM: The next fine arts program class at the youth center for ages 6 to 12 is at 6:30 p.m. and ages 13 to 18 at 8 p.m.

The fine arts program is held every

Wednesday during the school year and is meant to provide club members with the opportunities to create works of art for display in a local exhibit. The goal is to help youth uncover their artistic talents and motivate them to develop their creative skills and explore related career opportunities.

A qualified instructor will be present. This event is free.

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Community

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By 1st Lt. Tony Wickman, Alaskan Command Public Affairs

Current Air Force Leaders

Answers for this week’s Air Force Crossword will be published in next week’s *The Leader* Community section.

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Thursday

LADIES NIGHT OUT: There will be “ladies night out” at the community activities center from 5 to 7 p.m. followed by a free movie at the base theater at 7 p.m.

This event is open to women 18 and older who have access to base.

This is an adult evening out, so please do not bring children of any age.

For details, call Mrs. Julie A. Martin at 594-9298.

CLUB DINING: The Northern Lights Club offers steak night every Thursday from 5:30 to 8 p.m.

The menu includes 12-ounce ribeye for \$12.95,

eight-ounce sirloin for \$10.50, and 20-ounce sirloin for \$13.75. There will also be an eight-ounce charbroiled chicken for \$9.50 offered for those who do not want steak.

A children’s menu will also be available.

Upcoming

VIKINGS VS. SEAHAWKS:

Register by Nov. 4 for outdoor recreation’s trip to see the Minnesota Vikings against the Seattle Seahawks at the Metrodome Dec. 7.

The trip departs Dec. 6 at 8 a.m. and returns around 11 p.m. Sunday.

Costs include tickets to the game (lower-level seat-

ACROSS

- St. Louis team
- Fight
- Computes
- Pub drink
- Current Vice CSAF (AF/CVA)
- Current CSAF (AF/CC)
- Record company
- Golfing items
- Love
- Electrical resistance measurements
- Identification number in USAF
- State home to Ogden Air Logistics Center
- River in NE Spain
- Current USAF Judge Advocate General
- Predator and Global Hawk (abbrev.)
- Child
- Bond writer Fleming
- Path
- Alaska Sen. Stevens
- Current USAF Chief Scientist
- Postal abbrev. for state home to 166th AW
- 90s speed metal band
- Current CMSAF
- Therefore
- Actor Gibson
- Fish egg
- On behalf of
- Wanes
- Donkey
- Slang for an Australian marsupial
- Live with
- Major or Minor
- Current USAF Chief of Installations/Logistics
- Current USAF Chief of Chaplains
- Current USAF Chief of Communications
- Baseball stats
- Plant start

DOWN

- Indian prince
- Group of double salts
- Reminder
- Munitions
- Current SECAF
- Model Carol
- Jo Messina and Billy Williams
- Stains
- Current Under SECAF
- Current Air Force Chief of Acquisition
- Actor _____ Taylor Vince of Identity, SIMONE
- Downhill skiing need
- USAF rank
- Section of a play
- Current USAF Inspector General
- Spanish province
- Golf score
- Plant part
- Put aside
- Unit equal to 1 candela per sq. meter
- CA school campus (abbrev.)
- Type of cheese
- Animals with horns
- Light beer
- Current USAF Chief of Air Force Reserve
- Watch
- Plant food Miracle ____
- Face-to-face
- Ciao!
- Specialty
- Clown
- Emitted blood
- Ancient king of Egypt
- Slavic people of former Yugoslavia
- Three per inning
- Abbrev. for 36 ACROSS
- Tail markings for a/c assigned to the 187th FW
- FedEx rival
- Observe

ing), overnight accommodations at the Quality Inn in Minneapolis, and all transportation costs.

Additionally, there will be ample time to stop and shop at the Mall of America Saturday.

Costs per person are \$145 for two, \$135 for three, and \$125 for four.

Packages are limited.

COSTUME NIGHT: Stop by Liberty Square in your costume on Halloween and receive \$1 off skate admission.

There will be a favorite costume contest for age groups 6 to 8, 9 to 12, and 13 to 18.

Open skating is from 6 to 10 p.m. and the teen center will be open from 6 to 11 p.m.